

## Minutes of Monthly Meeting M.D. Battle River No. 423

### Set Rate of Taxation for 1940

The council of the municipal district of Battle River No. 423 met in the office of the secretary-treasurer at Irma on Thursday, April 11, 1940.

Councillors Smallwood, Stewart, Blakley, Collette and Kelly present, reeve R. D. Smallwood in the chair.

Moved by Mr. Stewart that the minutes of March 19th, 1940, be approved as read. Cd.

Moved by Mr. Stewart that relief be extended to J. D. Nachigal for \$12 until May 9th. Cd.

Moved by Mr. Blakley that relief be extended to Geo. McLean for \$20 until May 9, 1940. Cd.

Moved by Mr. Smallwood that relief be extended to Mrs. J. Bergquist for \$12 until May 9, goods to be purchased at E. S. Wong Co. Hardisty. Cd.

Moved by Mr. Kelly that relief be extended to Mrs. C. Brunk for \$10 until May 9, 1940. Cd.

Moved by Mr. Blakley that relief be extended to Mrs. A. Kneely for \$6 until May 9, 1940. Cd.

Moved by Mr. Smallwood that relief be extended to Mrs. E. Hughes for \$10 until May 9, 1940. Cd.

Moved by Mr. Kelly that relief be extended to F. Cartier for \$12 until May 9, 1940. Cd.

Moved by Mr. Stewart that relief be extended to C. Abernathy for \$2.50 per week until May 9, 1940. Cd.

Moved by Mr. Collette that the report of Messrs. Kelly and secretary re E. LaRoque be accepted. Cd.

Moved by Mr. Collette that the report of Messrs. Kelly and secretary re Abernathy clothing matter be accepted, and that the list of clothing as presented by the committee be approved and the secretary order these amounts from the Bureau of Public Welfare. Cd.

Moved by Mr. Stewart that in the matter of E. LaRoque that advice be sought from the A.A.A.D. solicitor and from the municipal districts solicitor as to the responsible authority. Cd.

Moved by Mr. Collette that in the matter of J. McKie that the pres-

cription as ordered by Dr. Greenberg be approved for payment and the order filled by W. N. Frickleton. Cd.

Moved by Mr. Collette that the reeve and secretary be a committee re the medical matter of J. D. Nachigal. Cd.

Moved by Mr. Collette that the report of Mr. Kelly re NW 22-45-7 be accepted. Cd.

Moved by Mr. Blakley that this council lease to T. A. Schiek the NW 22-45-7 W4 for a term of three years as from this date for one-third share of crop grown each year, delivered to the elevator clear, lessee be privileged to farm this land at his discretion, to be paid \$2 per acre for any summer-fallow done by the lessee and not cropped if sold before termination of such lease, 80 days notice in case of sale, control all noxious weeds and abide by the provisions of the Tax Recovery Act. Cd.

Moved by Mr. Collette that this council lease to T. A. Schiek of Wainwright the E4 13-44-7 W4 for a term of one year as from this date for the amount of the 1940 taxes, for pasture purposes, lessee to be re-embursed the sum of \$30 if a well is sunk by him during the period of said lease. Cd.

Moved by Mr. Blakley that this council lease to Roy Bronson of Hardisty the SE 4-44-9 for one year as from this date for one third share of crop, clear delivered to the elevator at Hardisty, 30 days notice in case of sale, lessee control all noxious weeds and abide by the provisions of the Tax Recovery Act. Cd.

Moved by Mr. Blakley that the reeve and secretary be a committee re SE 9-44-9 W4 to take the matter up with Geo. Clapp and to execute an agreement to lease with the advisable party. Cd.

Moved by Mr. Stewart that this council lease to G. Allen the S4 23-46-8 W4 for one year as under the same conditions as 1939 lease. Cd.

Moved by Mr. Blakley that this council lease to J. Saville the SW 17-44-9 for one year, for one third share of crop, clear delivered to the elevator, 30 days notice in case of sale, control all noxious weeds and abide by the provisions of the Tax Recovery Act. Cd.

Moved by Mr. Kelly that this council lease to H. E. Mabey the W4 12-45-7 W4 under the same conditions as set out in the 1939 lease. Cd.

Moved by Mr. Kelly that J. A. Adams Co. be given a blade purchase contract for 1940. Cd.

Moved by Mr. Blakley that application for tax consideration on the N4 6 SW 6 S4 7-44-9 and the NE 11-44-9 W4 be accepted. Cd.

Moved by Mr. Stewart that the secretary write Mr. C. Nicodemus

that consideration has been given to G. H. Ourlis for road contract for 1940. Cd.

Moved by Mr. Blakley that Bull's Eye Gopher poison be purchased from W. N. Frickleton at \$3.00 per one dozen case. Cd.

Moved by Mr. Collette that gopher poison be sold to the resident farmers at 20c per tin and that a supply be sent to W. Adams at Fabian to sell as per the 1939 agreement. Cd.

By-law No. 81 authorizing a grant to Dr. Greenberg a duly licensed medical practitioner of the province of Alberta, and payment thereof; having passed its first and second reading on March 13, 1940, presented for final reading.

Moved by Mr. Blakley that By-law No. 81 pass its third and final reading. Cd.

By-law No. 82 concerning the sale of the SE 34-46-7 having passed its first and second reading on March 13, 40, and received the approval of the minister of municipal affairs, presented for final reading.

Moved by Mr. Kelly that By-law No. 82 pass its third and final reading. Cd.

By-law No. 83 a by-law of the municipal district of Battle River No. 423 concerning the sale of the SW 34-46-7 W4 pursuant to the Tax Recovery Act, 1938, presented.

Moved by Mr. Blakley that By-law No. 83 pass its first reading. Cd.

Moved by Mr. Collette that By-law No. 83 pass its second reading. Cd.

Moved by Mr. Collette that on account of certain by-laws under the Tax Recovery Act being returned as not approved by the Department of Municipal Affairs that the following amounts be refunded:

J. A. Laycock, SW 34-46-7 W4 \$40.00  
C. Larson NE 30-45-9 W4.....137.50  
A. E. Foxwell SW 28-45-9 W4.....27.50  
Cd.

Moved by Mr. Collette that the sum of \$35 be paid to Mrs. E. Thirkel re E. LaRoque maintenance, without prejudice, until a proper account is rendered. Cd.

Moved by Mr. Stewart that the salary of the secretary be increased by \$10 per month as from April 1st. Cd.

Moved by Mr. Collette that the statement for the month ending on March 31, 1940, receipts and expenditures be accepted as presented and incorporated in the minutes. Cd.

Moved by Mr. Kelly that the following accounts be passed and paid:

Irma SD 2435 collections.....\$176.37  
Municipal Act comm retid.....9.28  
Dept Mun Aff collections.....153.84  
Chas. Wilbraham, sal March.....116.00  
Petty cash.....24.14  
L.T.O. dis caveats etc.....7.00  
Irma Times papers March.....25.00  
Beams Ltd. supplies.....9.92  
Prov Treas M4 March.....34.25  
Wain Mun Hoop, Hearn 32.50  
Kneely 23.25.....55.75  
A. C. Armstrong, Abernathy re March.....12.50  
E. S. Ross Co, Bergquist.....12.00  
L. C. Tord, Abernathy rent.....40.00  
Jan, Feb, Mar, April.....20.00  
R. H. Stone, McLean re March.....20.00  
W. Adams, Cartier re 12.00  
Brunk 10.00 March.....22.00  
Motion carried.

Moved by Mr. Blakley that the mill rate for administration purposes for 1940 be set at 7 mills on the dollar Cd.

By-law No. 84 a by-law of the municipal district of Battle River No. 423 authorizing current tax levy

Whereas the estimated expenditures for the municipal district of Battle River No. 423 for the year 1940 is \$17,472.00 as per estimated in detail duly recorded, and whereas the total assessed valuation of taxable property within the said municipal district is \$1,248,000 having deducted from the total value certain acquired lands.

Therefore the secretary-treasurer of the said municipal district is hereby authorized to raise the said amount, namely \$17,472.00 by a levy upon all rateable property therein at a rate of 14 mills on the dollar of assessed value to meet the said expenditure.

Moved by Mr. Blakley that By-law No. 84 pass its first reading. Cd.

Moved by Mr. Stewart that By-law No. 84 pass its second reading. Cd.

Moved by Mr. Kelly that By-law No. 84 pass its third and final reading. Cd.

Yeas: Smallwood, Stewart, Blakley, Collette and Kelly.

Nays: none.

Moved by Mr. Stewart that council adjourn. Cd.

## WHAT TO PLANT FOR FORAGE CROPS

### ANNUAL CROPS FOR HAY AND PASTURE

An annual crop for hay or pasture is a common practice on most Alberta farms. The production of essential winter-time foods such as meats and dairy products depends upon an adequate feed supply, and this year, if never before, farmers who are raising cattle for meat or milk would be well advised to consider this problem.

The most common annual hay crop in Alberta is oats. Seeded at the rate of 2 to 3 bushels per acre, oats produce a crop of palatable and nutritious hay which is relished by all livestock. Oats sown for hay should be cut when the grain is in the milk stage. After harvest the stubble provides good pasture. When oats are sown for pasture, they should not be grazed for 4 or 5 weeks, or before they are one foot high.

Wheat and barley are sometimes used for hay and pasture. In the drier areas of the province, wheat is sometimes preferable to oats, as it is more drought resistant.

Spring rye is frequently used for a hay crop where moisture is scarce. It is a fast grower and if sown very early will usually make a good growth before the hot mid-summer weather occurs.

Fall rye seeded alone as early as August 1st will furnish good fall pasture, providing sufficient moisture is present. In the following spring, the crop may be grazed early to give grass pastures a chance to become well established. For pasture, two bushels per acre is not too heavy to sow fall rye and to obtain best results, sow it in well prepared land.

Oats and fall rye seeded at the rate of 2 bushels of oats and 1 bushel of fall rye per acre in the spring usually provides more pasture than oats alone. This crop may be cut for hay when the oats are mature and the fall rye provides an excellent pasture until freeze up.

Millot is useful to sow as a late crop if conditions are favorable. It may be sown as late as July 10 or 15 and is not adapted to cool seasons. This crop is sometimes sown after other crops have been destroyed by hail or insects.

### FARM MEASUREMENTS

With the coming of spring and the necessity of marking out land, measuring grain and acres seeded, etc., the following figures may be of assistance to farmers who have these tasks to perform:

3 1/2 yards.....1 rod  
16 1/2 feet.....1 rod  
1 acre.....160 square rods  
which is a strip one rod wide for the full length of a one-half mile, or one-half rod wide for a mile length.  
1 acre = 4,840 square yards or 43,560 square feet.  
Pounds per bushel of common grains and grasses:

Wheat.....60 pounds  
Oats.....34 pounds  
Barley.....48 pounds  
Peas.....60 pounds  
Beans.....60 pounds  
Rye.....56 pounds  
Flax.....56 pounds  
Grasses—  
Brome grass — 14 lbs.  
Timothy — 48 lbs.  
Western Rye Grass — 14 lbs.  
Crested Wheat Grass — 14 lbs.  
Kentucky Blue Grass — 14 lbs.  
Alfalfa and Clovers—  
Alfalfa — 60 pounds  
Alsike Clover — 60 pounds  
Sweet Clover — 60 pounds  
White Dutch Clover — 60 lbs.

Other Measurements—  
Potatoes (tubers) — 60 lbs.  
Sunflowers — 24 pounds  
Corn — 56 pounds  
1 bag potatoes — 90 lbs. net  
Estimating grain in a bin —  
The number of bushels of grain in a bin may be found by multiplying the length by the width by the depth of the grain, and taking four-fifths of the product.

WANTED — Crested Wheat grass seed — either forage or Fairway Brome — Parkland Brome, Alfalfa, Timothy, Western Rye Grass, Alsike, Sweet Clover, Vernal and Erian Oats. Write, send samples advising quantity. If in market to buy also write us for prices. MURRAY SEEDS Edmonton, Alta. 17c

## The World of Wheat

H. G. L. Strange

On our Western Prairies we are all gravely concerned, and rightly so too, about the export of wheat. In other parts of the country they are equally concerned about the export of fish, fruit, nickel, copper, lead, pulpwood, paper and other goods and products.

There is one kind of export, however, that we do not speak very much about, and which I for one believe with all my heart basically governs the quantity of all those products we can export, and from which we now make a living. The "export" to which I have reference is that of Simple Human Goodwill.

My reading of history convinces me at all even's that many wars have been avoided if the people of certain nations had shown a little more consideration for those who lived in other countries. In other words if we would first export Goodwill, then I for one feel sure the export of other products would follow.

But the Goodwill to which I refer is not only sentiment; it means fundamentally that we should do nothing to help ourselves, if at the same time the plans or policies proposed bring suffering upon people who live in other countries.

### ADVERTISING SEED GRAIN

The attention of farmers advertising grain for seed is again directed to Section 9 of the Federal Seeds Act of 1937, which reads in part as follows: "...nor shall seeds of cereal grains, forage crops, lawn or turf grasses be advertised for sale at a stated price unless the grade name is included in the advertisement." A germination test is not sufficient, and anyone sending a sample to the Dominion Seed Laboratory should ask to have the sample graded. Fines of not less than \$5 nor more than \$25 for the first offence, and not less than \$25 nor more than \$50 for each subsequent offence are provided in the Act.

This information is published for the benefit of those who would advertise seed grain.

### IN MEMORIAM

In memory of our dear Mother, Annie Graham Maguire, who passed away on April 19, 1938.

We have only your memory, dear mother,

To remember our whole life through, But the sweetness will linger for ever,

As we treasure the image of you, Sadly missed by—  
Dad, Lila, and the Boys.

IN MEMORIAM

In loving memory of our dear wife and mother, Margaret Prosser, who passed away April 18, 1937.

We have only your memory, dear mother,

To remember our whole life through, But the sweetness will linger for ever,

As we treasure the image of you, Ever remembered by Husband and Family.

## CHURCH NOTICES AND ACTIVITIES

### FULL GOSPEL SERVICES

Sunday, April 21st  
Irma—3 p.m.  
Ross—8 p.m.  
Irma—Friday, April 26, 8 p.m.

These services are conducted by Rev. Wm. Dowell and party.

All are welcome.

### UNITED CHURCH

Sunday, April 21st  
Sunday school—11 a.m.  
Public worship—7:30 p.m.

Mid-week service for bible study and prayer Wednesday evening at 7:30.

A hearty invitation is extended to all.

### ANGELICAN CHURCH NOTES

Services will be held in St. Mary's Church on Sunday, April 21st, at 2:30 p.m.

### IRMA LEGION SIGNALS

#### ORDERS

The Irma Legion Signal Cadet Corps will parade at 20:00 hours on Tuesday, April 23rd, at the Legion Hall, Irma.

Wireless code classes from 20:00 hours to 20:45 hours.

Semaphore signalling and rifle drill from 21:00 hours to 21:45 hours.

Any young ladies over the age of 15 years wishing to join the Cadet Corps may do so by applying in person any evening that the cadets parade.

Now that all cadets have their uniforms, please parade in them.

Chas. Wilbraham, Lieutenant and Adj. Irma Legion Signal Cadet Corps No. 1668.

### C.G.I.T. NOTES

The meeting of the C.G.I.T. group was held in the church on April 9th.

The meeting opened with a hymn, followed by the C.G.I.T. purpose. Then a portion of scripture was read by Sheila Bishop. Verma Martin read a short poem. The study on India was continued.

During the business session lively discussion was centered around selling candy, the scrap books and date of tea.

The meeting closed with a singing, games and taps.

### WOMEN'S INSTITUTE

The monthly meeting of the Irma W.I. was held on Thursday, April 4, at the home of Mrs. R. C. McFarland.

There were 23 members and 3 visitors present. Roll call was answered by a house clearing or gardening hint.

Mrs. J. Rae was nominated to act as our official delegate to the biennial district conference to be held in Edmonton on April 10 and 11.

A paper on Legislation was read by Mrs. R. C. McFarland. Marjorie McFarland entertained with musical selections.

TRAVELLERS to  
Edmonton always  
enjoy a pleasant visit  
at the Popular  
**ROYAL GEORGE  
HOTEL**

**TRAVEL BY BUS!**  
WEEK-END EXCURSIONS ON ALL LINES  
Leave Irma daily, going West.....7:45 a.m.  
Leave Irma daily, going East.....8:10 p.m.  
Charter a bus for your next party trip. Find the low cost and added pleasure  
**GET MORE FOR YOUR TRAVEL DOLLAR  
BY BUS**  
**Sunburst Motor Coaches Ltd.**

**PLAY**  
Three-act Comedy  
**Don't Darken My Door**  
KIEFER'S HALL WEDNESDAY, APRIL 24  
DANCE AFTER PLAY Music by Tune Twisters  
Admission: 50c Each Play only 35c Dance only 25c  
Students 25c Children 15c  
Irma L.O.B.A.

Let Us Give Your Car  
**Power Economy Performance**  
with our special  
**MOTOR TUNE-UP**  
4 Cylinder Cars \$2.50 6 Cylinder Cars \$2.75 8 Cylinder Cars \$4.50  
Power Economy and Performance are largely a matter of correct adjustment. Hair-fine accuracy is required in spark plug gaps, ignition timing, distributor points, carburetor adjustments, fuel compensation, valve adjustments and other electrical and fuel units. We have equipment and skilled mechanics to make these adjustments on your car.  
**SATHER'S SUPER SERVICE**

## THE PASSWORD IS OGDEN'S!



For rolling a cooler, sweeter, more fragrant cigarette the password is always OGDEN'S.



## Proved His Ability

**Young Deckhand Captained Lifeboat For Week After Freighter Sank**  
Executive ability and a notable feat of seamanship displayed by an 18-year-old deckboy after his ship had been torpedoed and sunk in the Atlantic attracted the attention of the British Admiralty, which has invited him to call for an interview.

The boy, named Morrison, member of a family of fishers on the Hebrides Island of Lewis, was in a water-logged lifeboat with five other survivors of the steamship Arlington Castle. He found that he was the only one among them who knew how to handle a sail, or anything about navigation, so he calmly took charge.

With a small compass he set a course, and for a week never left the tiller except to take a turn at the oars to warm himself, although his hands were badly frostbitten.

There were plenty of biscuits, condensed milk and some bully beef in the locker, but very little water, so Morrison rationed this, allowing only one spoonful at a time, except in the case of a 65-year-old man, to whom he gave a drink whenever he needed it.

The boat on the seventh day was sighted by a Norwegian tanker, which took the castaways aboard.

## Another Economy Measure

**German Housewives' Use Shopping Basket To Save Wrapping Paper**  
German housewives have brought out the old-fashioned shopping baskets to help win the war.

An almost forgotten relic in most German households, the shopping basket has now become a treasured auxiliary to the Hausfrau because grocers and butchers are unable to deliver goods to the homes and—more important—because it saves wrapping paper and paper bags.

The basket enjoys the benediction of authorities who publicly have told German women to use it in shopping. It is pointed out that potatoes, for instance, can be dumped right into the basket, as can other vegetables, canned goods, standardized soap and other such commodities. Some stores have taken the hint of the Government and are now displaying signs asking shoppers to bring their old baskets with them.

This is one of many German war-time economy measures. Another is bone-collecting, which has become a high patriotic duty.

The official German news agency, DPA, has circulated this admonition: "Housewives, don't burn any bones and don't throw them into the garbage can." Bones should be put aside, even when they have been used for soups, and kept in readiness for school children, the Hitler Youth and other voluntary bone collectors.

The authorities say bones thus collected can be put to three uses: For the manufacture of glue, for industrial fats and for fertilizers.

The fats contained in bones, it is said, is valuable to soap and cosmetics manufacturers besides being usable in other branches of industry.

Experts estimate that three-fourths of the bones in Germany go to waste. That condition, it is insisted, must cease.

## Cheers Were Silenced

**When Widow Of Exeter's Commander Received Medal From King George**

A woman dressed in black hushed the cheering which covered the recently when the King and his people honored the officers and men of the cruisers Exeter and Ajax for their bravery in the victory of the Graf Spee. It was on the historic Horse Guards' parade ground. The King had just inspected the 700 officers and men of the two cruisers.

In one corner, watching the inspection, was a small group of civilians, the next-of-kin of those who had been killed in the battle. Then from this group Mrs. Russell, widow of Marine W. A. Russell, of H.M.S. Exeter, who died of his wounds, was conducted to the investiture table to receive the medal for conspicuous gallantry from the King. Marine Russell had both arms shattered when the Exeter received a direct hit from an 11-inch shell, but he remained on deck to cheer his shipmates throughout the battle. The crowd had been cheering its loudest until this moment. But this pale woman in black seemed to symbolize all the national sentiment of pride in grief epitomized by the Cenotaph, not many yards away. The cheers died away and there was silence, as on another Remembrance Day. The King shook hands with Mrs. Russell. The Queen smiled her sympathy.

## Loyalty Of South Africa

**Prime Minister Jan Smuts Stands By Ideals Of British Freedom**

Prime Minister Jan Smuts said that he advocated South Africa's joining in the Empire's war against Germany because "Great Britain is our greatest friend and... Germany would be a dangerous belligerent."

"I am not an Englishman—I have not a drop of English blood in me. I do not for a moment hesitate to choose to stand by old friendships and old ideals of freedom and justice for what we stand. I do believe that Great Britain is our greatest friend and that Germany would be a dangerous belligerent."

"Many people in the Union are constantly recalling the past. I remember that it was Great Britain which made South Africa a free country and which has given liberally and lavishly whatever South Africa has asked for in the way of liberty and status."

"Since Sept. 4 there has been a surge of feeling in favor of South Africa's decision to enter the war. It has been a great consolation for me to find this response from all over the Union. Support for the United party is winning because the party's cause is a winning one."

More than 41 per cent. of the men's clothing manufactured in the United States is made in New York City.

## Canada's Opportunities

Provided the people of this country, and of all sections of it, are ready and willing to pull together with the single objective in view of making the most of the opportunities that are being afforded, Canada's future destiny as one of the most powerful and influential nations of the world appears assured.

That the future holds out glittering prospects of great potentialities for this Dominion there can be no doubt if the foundations which are being laid are built on the solid rock of true democratic principles and if the people of this young nation bind themselves together in unified effort to seize upon the opportunities that lie on the threshold.

The testimony of men of experience, wisdom and vision that Canada is destined for a great role among the nations being multiplied daily. This country has all the ingredients of powerful nationhood—an immense area replete with tremendous resources, a comparatively small but virile population, an invigorating and healthful climate, vast spaces capable of enormous development and now, the opportunity for stretching out and developing these great assets. All that is needed is a populace prepared to look ahead and assume the place in the sun that merely awaits the grasping. As the octogenarian Sir Alfred Morine, former acting prime minister of Newfoundland recently said, urging union of Newfoundland with this country: "Obviously it (Canada) is to be the heart of the British Empire in the not distant future. We have the greatest country in the world. All that we now want is the greatest people in character and in courage."

## A Great Mission

Stating that after the war the world will be initially an Anglo-Saxon dominated world, Frederick T. Birchall, Ottawa correspondent of the New York Times recently visualized a great role for this country in a world purged of Hitlerism. Declaring that this country has already become the geographical centre of the British Empire, Mr. Birchall saw prospects of Canada becoming the world's air centre through the British Commonwealth Air Training scheme.

"It may be Canada's highest mission," said Mr. Birchall, "to bring us all together—the democracies of the old world and the democracies of the new, to be the keystone of Anglo-Saxonism, holding together a great arch of peace and progress, topped by the ancient culture of France."

A brilliant vision and by no means an impractical one. Indeed, our feet are already planted on the broad highway to the goal conjured up by the New York newspaperman. It remains for us to see that the road is traversed without deviation until the objective is reached. It cannot be achieved, however, until the war has been won. Hence the importance of bending every energy to the first task immediately at hand, that of defeating the enemy thoroughly and speedily. The sooner that milestone has been passed, the earlier will Canada, the British Empire and the other democracies be able to get down to an ambitious program of peace, progress and prosperity—security for themselves and security for others.

And what of the war itself? Despite those who were disposed to be impatient and irritable at the lack of any spectacular drive on the part of either of the belligerents, British authorities were well satisfied that progress was made in the first six months of hostilities. As Sir John Simon, chancellor of the exchequer of Great Britain well summarized it: "It has been of great advantage to us to have these six months in which we have been able so vastly to improve our preparation and equipment. Whatever use Germany may have made of the six months, on balance, it is the Allies who have gained."

## Must Remain Firm

And as Prime Minister Chamberlain appropriately put it, Hitler has "missed the bus" in not taking the offensive before the Allied armies were able to complete their preparations to meet any big push which the Fuehrer might have launched but didn't.

Having "missed the bus," Hitler and his colleagues appear to be living in a fool's paradise, fondly hoping that they may be extricated from their dilemma by a negotiated peace—an eventuality which is beyond all possibility, if the Allied leaders maintain the stand which they have stoutly held since the outbreak of hostilities. There is no reason to believe there will be any weakening of the position that Nazism must be rendered impotent before the Allies will lay down their arms. Indeed, any other decision would be an invitation for a repetition elsewhere of the rape of Czechoslovakia and Poland.

Until the routing and uprooting of Nazism has been consummated therefore, the people of this country must be content to continue their participation in the war with patience, determination and indomitable will, and in the meantime take advantage of opportunities which will arise from time to time to prepare the scaffolding for the magnificent national structure which may and will be erected once peace has been restored.

According to a police surgeon, a person is sober if he is able to say, "Susie sat in the soup." However, it leaves one wondering about Susie.

Seismographs show that each rise of the tide bends the coastline downward for several miles inland.

Forest fires often produce real rain clouds over the burning area.

## PATENTS

AN OFFER TO EVERY INVENTOR. List of inventions and full information sent free. THE PATENT OFFICE, Registered Patent Attorneys, 225 Bank Street, Ottawa, Canada.

**All In Day's Work**  
Skippers of east coast fishing vessels are hardy. When William Fashby, 25, master of the "Courage," went ashore at Scarborough, Eng., after being bombed by a German Heinkel, he merely "phoned his wife he was safe, then put to sea again."

Snails, because of their ability to undergo long fasts, are taken along on safaris by African natives as a source of fresh food.

According to manufacturers, the life of a good tire is about 20,000 miles. 2355

**DON'T MISS THIS!**

**GET THIS COLOURFUL GLASS BOWL**  
in Orange or Green  
**FREE WITH EACH PURCHASE OF TWO PACKAGES OF KELLOGG'S ALL-WHEAT**  
SUPPLY LIMITED—ACT TODAY!

**BRIGHTLY COLOURED, handsome, this bowl will be an ornament to any table. Comes in orange or green. Useful, too, for many purposes. Handy size—14 inches deep by 8 1/2 inches wide. But get yours while they last!**

**SEE YOUR GROCER TODAY! He does not have many glass bowls, and you will want a complete set.**

## Your children need the extra nourishment in ALL-WHEAT

Active, growing children burn up vital energy much faster than grown-ups. That's why they need the important vitamins, body-building proteins, energizing carbohydrates, and valuable minerals contained in Kellogg's ALL-WHEAT. And they love its delicious flavour. Ask your grocer for two packages of Kellogg's ALL-WHEAT today and get your first bowl now—in either a rich orange or lustrous green, as you choose. You'll want a whole set!

## ALL-WHEAT BUILDS BIG MEN!

## Trying Out New Idea

Growing potatoes from eyes rather than from sets has been introduced into Manitoba farms by the Dominion Experimental Farm at Brandon, Manitoba. On the Farm, 1,476 lots of 50 eyes each were prepared and sent to members of the agricultural improvement associations.

The gigantic soft drink trade owes its inception to a Philadelphia performer, who mixed fruit syrups with carbonated water.

The superb bird of paradise displays a gorgeous head ornament to attract its mate.

Thirty-seven international telephone circuits are in operation.

## Acts As A Filter

The British Columbia department of mines suggested to miners that they should grow moustaches to avoid silicosis. "Nature placed a moustache on the face of man for a purpose," the department said. "It seems to have been intended as a filter."

The Mormon Tabernacle, Salt Lake City, is 250 by 150 feet, and the great domed ceiling has no supports other than the outside walls.

Man's "song box" is at the top of the windpipe; a bird's is at the bottom.

Africa has mowfals within seven miles of the equator.

## Indicates Magnetic Pole

A compass needle does not indicate the true North Pole, but the magnetic Pole, which is a few degrees out. The reason for the compass pointing there is that there are probably large deposits of magnetic ore in the polar regions which attract the magnetized needle.

In old England some cheeses were too big for the table and were placed on side tables, where each guest dug out his own portion with a spoon.

"In Scotland we dinna ca' them Mayors, we ca' them Provosts."

"Na, na. They just gaing about loose."

**COOKING SCHOOL**

**... AND ALWAYS WRAP THE LEFT-OVERS IN PARA-SANI**

You'll save its modest cost before half the roll is used. Ask your grocer for Para-Sani Heavy Waxed Paper. Made by Appleford Paper Products Ltd.

**PARA-SANI Heavy WAXED PAPER**

**APPLEFORD PAPER PRODUCTS LTD.**  
WINNIPEG - REGINA - SASKATOON - CALGARY - EDMONTON



# WHY LIPTON'S IS A SMALL LEAF TEA

You can't know that the smaller leaves are better, richer flavor. That's why, with LIPTON'S you don't need to keep up the usual amount of tea. For most tastes a level teaspoon per person is amply sufficient. For extra economy—get LIPTON'S—the full amount in the "Stir-a-Lip" tin.

# LIPTON'S TEA

FLAVORED TEA

# CHANGE TO LIPTON'S IT'S never insipid

Lipton's is always full, never insipid. It's strong, it's rich, it's full of flavor in every cupful.

## The Park Lane Mystery

By Edgar Wallace

Copyright, by Edgar Wallace. Serialized by Ledger Syndicate.

### CHAPTER I.—Continued

"Have you?" She did not finish the question.

"A friend—yes. A very dear friend he was, many years ago, but the poor fellow couldn't go straight. I half promised to visit him, but I dreaded the experience."

Mr. Harlow had no friend in any prison.

She looked at him thoughtfully.

"It isn't really so dreadful. I've been there before," she said, without the slightest embarrassment. "My uncle is there."

"Really?" His voice had just the right quantity of sympathy and understanding.

"This is my second visit in four years. I hate it, of course, and I'll be glad when it's over. It is usually rather—trying."

They were pacing slowly toward the hotel now.

"Naturally it is very dreadful for you. You feel so sorry for the poor fellows—"

She was smiling; he was almost shocked.

### Business Only

"That doesn't distress me very much. I suppose it's a brutal thing to say, but it doesn't. There is no—"

She hesitated. "There is no affection between my uncle and myself, but I'm his only relative and I look after his affairs—again she seemed at a loss as to how she would explain—and whatever money he has. And he's rather difficult to please."

Mr. Harlow was intensely interested; this was an aspect of the visit which he could not have imagined.

"It would be dreadful if I liked him, or he was fond of me," she went on, stopping at the foot of the hotel steps. "As it is, we have a business talk and that is all."

With a friendly nod she passed into the hotel ahead of him. Mr. Harlow stood for a long time in the doorway looking at nothing, his mind very busy, and then he stroled back to his cooling coffee and presently fell into a discussion about the weather and the crops with the nervous little man who awaited his coming.

They were quite alone now. The motor parties had vanished in noisy confusion; the old gentleman and the stout old lady were leaving the hotel on a walking excursion as he had come in.

"Everything all right, Ellenbury?"

"Yes, Mr. Harlow," said the little man eagerly. "Everything is in perfect shape and trim. I have settled the action that the French underwriters were bringing against the Rata Company, and—"

Suddenly he was stricken to silence. Following the direction of his staring eyes, Mr. Harlow also looked out of the window.

Eight convicts were walking down the street in the direction of the

railway station; but unlike the men he had seen that morning, these were handcuffed to a bright steel chain which threaded the little procession. Mr. Harlow looked and pointed.

"Not a very pleasant nor an agreeable sight, he said. In his oracular moments his voice was very rich and pleasant. "Yet one, I think, to which the callous people of Princetown are quite accustomed. These men are being transferred to another prison, I imagine. Do you ever realize what your feelings would be if you were, say, the leader of that gang, chained like a wild beast—"

"I'm very grateful"

"For God's sake, stop!" said the little man hoarsely. "Don't talk about it, don't talk about it!"

His trembling hands covered his eyes.

"I had a horror of coming here," he said in a voice that was scarcely audible. "I've never been before."

Mr. Harlow, one eye on the door, smiled indulgently.

"You have nothing to fear, my dear Ellenbury," he said, in a paternal voice. "I have in a sense condoned your felony. In a sense," he emphasized carefully. "Whether a Judge would take the same view, I do not know. You understand the law better than I. This much is certain: you are free, your debts are paid, the money you stole from your clients has been made good, and you have, I think, an income which is, shall we say, satisfactory."

The little man nodded and swallowed something. He was white to the lips, and when he tried to lift a glass of water his hands shook so that he had to put it down again.

"I'm very grateful," he said. "Very grateful. . . . I'm sorry—it was rather upsetting."

"Naturally," murmured Mr. Harlow.

He took a notebook from his pocket, opened it with the greatest deliberation, and wrote for five minutes, the little lawyer watching him. When he had finished he tore out the sheet and passed it across the table.

"I want to know all about this man Arthur Ingle," he said. "When his sentence expires, where he lives in London or elsewhere, his means, and especially his grudge against life. I don't know what it is, but I rather suspect that it is a pretty big one. I should also like to know where his niece is employed. Her name you will find on the paper, with a query mark attached. I want to know who are her friends, what are her amusements, and if her financial position is very important."

Mr. Carlton

"I understand," Ellenbury put the paper carefully in a worn pocket-book. And then, with one of his habitual starts, "I had forgotten one thing, Mr. Harlow," he said. "On Monday last I had a visit at my office in Lincoln's Inn Fields from the police."

He said the last two words apologetically as though he were in some way responsible for the character of his caller. Mr. Harlow turned his pale eyes upon his companion and made a long scrutiny of his face before he asked.

"In what connection?"

"I don't know exactly," said Ellenbury.

bury, who had a trick of reproducing at a second's notice all the emotions he described. "It was rather puzzling." He screwed up his face into an expression of bewilderment. "You see, Mr. Carlton did not come to any point."

"Carlton?" demanded Harlow, quickly for him. "That's the man at the Foreign Office, isn't it?"

Ellenbury nodded.

"Well?"

"It was about the rubber fire. You remember the fire at the United International factory? He wanted to know if Rata had any insurance on the stock that was burnt, and of course I told him that so far as I knew, we hadn't."

"Don't say 'we,'" said Mr. Harlow gently. "Say the Rata syndicate hadn't. You are a lawyer acting for undisclosed principals. Well?"

"That was all," said Ellenbury. "He was very vague."

"He always is vague," interrupted Harlow with a faint smile, "and he's always unscrupulous—remember that, Ellenbury. Sub-inspector James Carlton is the most unscrupulous man that Scotland Yard has ever employed. Some day he will be irretrievably ruined or irretrievably promoted. I have a great admiration for him. I know of no man in the world I rate higher in point of intelligence, acumen and—unscrupulousness! He has a theory which is both admirable and baffling. Which means that he has the right theory. His rectitude is the most baffling of all human qualities, because you never know if a man is doing right, what he will do next. I think that is almost an epigram. Ellenbury: you had best jot it down, so that if ever you are called upon to write my biography you may have material to lighten its pages." He looked at his watch. "I shall be at Park Lane at 11 o'clock on Friday night, and I can give you ten minutes," he said.

### The Art of Happiness

Ellenbury twiddled his fingers unhappily.

"Isn't there a risk—to you, I mean?" he blurted. "Perhaps I'm stupid, but I can't see why you do—"

"Well, why you take chances, with all your money—"

Mr. Harlow leaned back in the cushioned seat, amusement faintly visible in his pale eyes.

"If you had millions what would you do?" Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

"The English people have two ideas of happiness: one comes from travel, one from staying still! Rushing about, Retire, of course. But or buy a beautiful house—and then?"

"I don't know," said the other man vaguely. "One could travel."

## Relic Of The Plague

Piece Of Paper That Was Resurrected After 275 Years

Workmen pulling down an old inn at Evesham recently found an almost perished piece of paper which proved to be a plague pass issued during the Great Plague of London. A week or so ago it was given to the Guildhall.

The pass, issued in July, 1665. The plague in that July was climbing swiftly to the fearful peak it reached in September. The plague carts were collecting over 5,000 bodies a week, and King Charles and the Court fled to the country. So a servant girl called Mary Walker was good company when she, too, took flight. Her master was George Bostock, and she worked in the parish of St. Andrew Undershaft, in the heart of the city.

She went to the church warden, and they gave her a pass, or certificate of health, to get away from London. It said simply that, by God's blessing, Mary herself and her master's whole family and all the neighbors about them had through the Summer been free from the plague.

Armed with this written paper, Mary Walker got back to her native Evesham, in Worcestershire. She there got work at an old half-timbered inn which showed the sign of the Cross Keys.

The pass had value, should she need to move away again. She must have placed it for safekeeping in a chink of the rafters of the attic room she slept in. The plague never returned. No doubt the pass was forgotten. The ancient inn has been pulled down for rebuilding, and in the demolition Mary Walker's "Pass for the Plague" was drawn out from the timbers in which it had lain concealed for 275 years.—London Listener.

## Our New Governor-General

Third Close Relative Of Reigning Sovereign To Hold Office

The Earl of Athlone will be the sixteenth Governor-General of Canada since Confederation, the third close relative of a reigning sovereign to hold the office and the second Governor-General to take office with Canada at war.

His appointment recalls the fact that at the outbreak of the last war an uncle of the then reigning sovereign, George V., held the position. He was His Royal Highness the Duke of Connaught, a son of Queen Victoria.

The new Governor-General is also an uncle of the present King, but is not entitled to the style "His Royal Highness," as he is a brother of Queen Mary and a member of the Royal family only by marriage. As a son of the Duke of Devonshire, he is styled "Highness" and "Prince" until 1917, when he relinquished those honors on receiving his earldom.

Back in Victorian times Rideau Hall had a Royal occupant when the Marquess of Lorne was Governor-General. His wife, Princess Louise, was a daughter of Queen Victoria.

## Reason For Purchase

Queen Mary Changes Pictures In Her Rooms Quite Frequently

Queen Mary has for years been a regular patron of the arts, and a London writer tells an interesting reason for her frequent purchases of pictures. It is understood she likes to have the pictures changed frequently in the rooms she uses most. This, she considers, gives them an air of freshness that is actually stimulating to health. Many of her pictures are often used later as gifts to personal friends. Numbers of them can be found in each of the Royal residences.

The okapi, curious animal of Africa, is considered by zoologists to be about 30,000,000 years behind the times. It resembles animals of the Miocene period.

To save iron, bamboo may be used in Japan for reinforcing concrete.

## LOOK OUT FOR YOUR LIVER

It may be the cause of your troubles. But you can't see it the right way, with Fruit-A-Tives. Eat Fruit-A-Tives. Eat Fruit-A-Tives. Eat Fruit-A-Tives.

Your liver is the largest organ in your body and most important to your health. It pours out bile to digest food, gets rid of waste, stores energy, allows the proper metabolism to reach your blood. When your liver gets out of order food decomposes in your intestines. You become constipated, stomach and kidneys can't work properly. You feel "tired"—headache, backache, dizziness, all the time. Before you get old, get rid of waste, store energy, allows the proper metabolism to reach your blood. When your liver gets out of order food decomposes in your intestines. You become constipated, stomach and kidneys can't work properly. You feel "tired"—headache, backache, dizziness, all the time. Before you get old, get rid of waste, store energy, allows the proper metabolism to reach your blood. When your liver gets out of order food decomposes in your intestines. You become constipated, stomach and kidneys can't work properly. You feel "tired"—headache, backache, dizziness, all the time. Before you get old, get rid of waste, store energy, allows the proper metabolism to reach your blood. When your liver gets out of order food decomposes in your intestines. You become constipated, stomach and kidneys can't work properly. You feel "tired"—headache, backache, dizziness, all the time. Before you get old, get rid of waste, store energy, allows the proper metabolism to reach your blood. When your liver gets out of order food decomposes in your intestines. You become constipated, stomach and kidneys can't work properly. You feel "tired"—headache, backache, dizziness, all the time. Before you get old, get rid of waste, store energy, allows the proper metabolism to reach your blood. When your liver gets out of order food decomposes in your intestines. You become constipated, stomach and kidneys can't work properly. You feel "tired"—headache, backache, dizziness, all the time. Before you get old, get rid of waste, store energy, allows the proper metabolism to reach your blood. When your liver gets out of order food decomposes in your intestines. You become constipated, stomach and kidneys can't work properly. You feel "tired"—headache, backache, dizziness, all the time. Before you get old, get rid of waste, store energy, allows the proper metabolism to reach your blood. When your liver gets out of order food decomposes in your intestines. You become constipated, stomach and kidneys can't work properly. You feel "tired"—headache, backache, dizziness, all the time. Before you get old, get rid of waste, store energy, allows the proper metabolism to reach your blood. When your liver gets out of order food decomposes in your intestines. You become constipated, stomach and kidneys can't work properly. You feel "tired"—headache, backache, dizziness, all the time. Before you get old, get rid of waste, store energy, allows the proper metabolism to reach your blood. When your liver gets out of order food decomposes in your intestines. You become

